

SAVVY

seniors

REDMOND SENIOR CENTER (425) 556-2314 | 8703 160TH AVE. NE | REDMOND, WA 98052
HOURS: 8:30 A.M. TO 4:30 P.M., MONDAY-FRIDAY



HOLIDAY CRAFT BAZAAR

Saturday, Nov. 13, 2004
10 am-3 pm

Featuring a wide variety of handcrafted items, delicious snacks from our kitchen and door prizes, this event has something for everyone! Individuals who want to sell their handmade items may register as follows:

- All seniors (age 50+), starting on September 16
- Under 50 City of Redmond residents starting on September 23
- Under 50 nonresidents starting on October 7

Call 425-556-2314 for information or to have a registration packet sent to you.

Savvy Seniors welcomes contributions from community members. If you are a senior adult interested in submitting an article for possible inclusion in FOCUS, please mail your article to "Savvy Seniors" c/o Redmond Senior Center, 8703 160th Ave NE, Redmond, WA 98052.

WHERE DID THE PARKING GO?

During the construction of the city campus parking garage this fall and winter, the RSC faces the challenge of limited parking. We want to make sure that everyone can still have access to RSC during the shortage.

Here are our plans to cope with the challenge...

Who's your neighbor?

We know that many of our participants live within a few blocks of each other. If each person who currently drives alone to the RSC paired up with another person who drives alone, that would be half as many cars in the parking lot. To help facilitate this we have established the Who's Your Neighbor? Ride Share Program. Just stop at the front desk and complete a short form. We will add your information to our database and return to you a list of two or three people who live near you. Then it will be up to you to make the connection. Who knows, you might enjoy the company so much that you continue to share the ride after the garage is completed.

Alternate parking sites and shuttles

Plans are in the works to provide shuttle services from an alternate parking site on days when we have special events that bring a larger than usual number of participants to the RSC, such as the Seniors from India program and the Holiday Lunches. Specific details on parking locations and shuttle hours will be available at the RSC in advance of each event. Call the front desk at 425-556-2314 for information or to have a schedule sent to you.

Off-peak programs and events

While it is not possible to move all of our programs to the evenings or weekends, we will be timing a few of our events differently this year. Our annual October volunteer recognition will be an early evening dinner and our February Open House will be on Saturday. Be sure to read the RSC News for complete details.

And, don't forget our own RSC Bus; it is a great way to get door-to-door service to and from the RSC!

THE RSC NEWS

The RSC News is a quarterly newsletter that contains all the information on the classes, trips, workshops, special events and services that the RSC offers. It also includes articles about the various activities of the Senior Advisory Committee and other RSC participants. A one-year subscription is only \$10. You can sign up by calling 425-556-2314 or by stopping by the RSC.

EVERYONE DANCE!

One of the best-kept secrets in Redmond is our wonderful 18-piece swing band, The Sophisticated Swing Big Band (formerly known as the Swingin' Seniors). Redmond seniors have long enjoyed dancing to the group's renditions of the music from the 30s, 40s, and 50s.

This fall we are inviting dancers of all ages to join us for an evening of live music and dancing at the Harvest Dance, Friday, September 24, 7-10 pm.
Adult: \$8 advance, \$10 at door.
Children under 12: \$4 advance, \$5 at door.

Tickets on sale at the RSC front desk.
Not suggested for children preschool age
or younger.



NEW AT THE RSC

*Look for three new classes at the RSC
this fall. For dates and to register call
425-556-2314.*

Viniyoga at the Senior Center

Ideally suited to older adults, Viniyoga emphasizes linking breath and movement, while adapting to each individual's needs and abilities. With minimal risk to joints and a focus on the therapeutic effects, practicing yoga increases flexibility, strength, energy, and vitality and promotes stillness of the mind. Viniyoga is an enjoyable and relaxing experience with

no "pretzel poses." Thursdays, 6-7:15 pm,
4-week session \$40.

Rhythms of Life - Drumming for Everyone

Every time you breathe, walk, or talk, you are expressing your innate sense of rhythm. Learn basic hand language of the drum and how to play. You will experience and play many different types of hand percussion instruments. Our class will create a 'Rhythm Circle.' Musical background not required, however a desire to learn and have fun is necessary. If you have your own askio, djemba, or conga drum, please bring it to class with you. Come join us and explore the joys of drumming! Fridays, 10:15-11:15 am, 4-week session \$30.

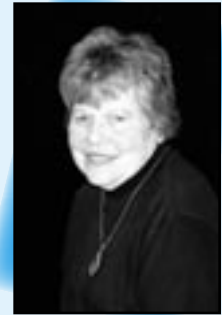
Bridge – Beginners & Advanced Beginners

Come learn the most popular card game in the world and meet new friends. These classes focus on modern bidding and fundamental play of the hand techniques – perfect for new card players and for those of you returning to the game. Each class will include an hour of play time. Thursdays, 9 am-12 pm & 12:30-3:30 pm, 4-week session \$40.

VOLUNTEER ESL TUTORS NEEDED

Urgent! The Redmond Senior Center needs two or three English as a Second Language (ESL) Tutors. No teaching experience necessary; just a desire to help immigrants and visitors from other countries learn about our culture and improve their English skills. The group meets on Fridays at the RSC from 1-3 pm. For more information, or to request a volunteer application, call 425-556-2314.

SENIOR snapshot



Name: Marian Anderson

Place of Birth: Blaine, WA

Family: Husband – Arnie; Children – Wendy, Keith, Rolfe and Heidi; Grandchildren – 4 boys and 4 girls, ages 4 to 20 (Erika, Kristina, Joseph, Abigail, Kian, Ryan, Tanner and Jordan)

Life's Work: Registered Nurse, Bachelor of Science in Nursing, Bachelor of Arts in Alternative Medicine; Senior Fitness

Places Lived: Only Washington

Favorite Place to Live: By the mountains, trees, and water.

What Brought You to The Northwest: I'm a native Washingtonian

Senior Center Activities: Advisory Committee Co-chair; Fund Raising, Special Events and **Volunteer Committees:** provides weekly blood pressure testing

Other Interests: People, animals, pottery, designing knitting machines, gardening, puppetry, taking exercise and African drumming classes, walking

Words to Live By: Embrace every day and be open to new experiences; every new person is a friend waiting to happen.

*Looking for a new experience? To find out about upcoming RSC trips,
dances, special lunches, and other events, call us at 425-556-2314!*

REDMOND SENIOR CENTER-CHECK US OUT!

